AWARD NUMBER: W81XWH-16-1-0630

TITLE: Health Coaching to Optimize Well-Being among Returning Veterans with Suicide Risk

PRINCIPAL INVESTIGATOR: Lauren M. Denneson, PhD

CONTRACTING ORGANIZATION: Oregon Health & Science University
                               Portland, OR 97239

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denneson@ohsu.edu	5e. TASK NUMBER
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13. SUPPLEMENTARY NOTES

14. ABSTRACT

Health coaching is a solution-focused, patient-centered approach that optimizes well-being. This is a mixed-methods single-arm, repeated-measures, feasibility and acceptability pilot trial that examines the use of health coaching among returning veterans with suicide risk. Up to 30 participants with suicide risk (pain, post-traumatic stress disorder, depression, sleep disturbances, and/or substance use disorder) will engage in 8 weekly sessions of health coaching and complete health outcome measures at baseline and weeks 4, 8 and 16. Findings will be used to modify the intervention and develop a larger randomized controlled trial of health coaching in this population. Progress to date: We have enrolled our sample of 28 participants and are currently delivering the intervention and obtaining quantitative health outcome data.

15. SUBJECT TERMS
Veterans, suicide, psychological well-being, health coaching, healthcare utilization

16. SECURITY CLASSIFICATION OF:			17. LIMITATION OF ABSTRACT	18. NUMBER OF PAGES	19a. NAME OF RESPONSIBLE PERSON USAMRMC
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Prescribed by ANSI Std. Z39.18

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1. **INTRODUCTION:** Narrative that briefly (one paragraph) describes the subject, purpose and scope of the research.

> Health coaching is a solution-focused, patient-centered approach that optimizes well-being. This is a mixed-methods single-arm, repeated-measures, feasibility and acceptability pilot trial that examines the use of health coaching among returning veterans with suicide risk. Up to 30 participants with suicide risk will engage in 8 weekly sessions of health coaching and complete health outcome measures at baseline and weeks 4, 8 and 16. Participants will also complete qualitative interviews about their experience with the intervention. Findings will be used to modify the intervention and develop a larger randomized controlled trial of health coaching.

2. **KEYWORDS:** Provide a brief list of keywords (limit to 20 words).

> Veterans, suicide, psychological well-being, health coaching, healthcare utilization

3. **ACCOMPLISHMENTS:** The PI is reminded that the recipient organization is required to obtain prior written approval from the awarding agency grants official whenever there are significant changes in the project or its direction.

What were the major goals of the project?
List the major goals of the project as stated in the approved SOW. If the application listed milestones/target dates for important activities or phases of the project, identify these dates and show actual completion dates or the percentage of completion.

> Goal 1: Start-up activities, which includes receiving local IRB approval, HRPO approval, and data access approvals. This goal was met on May 1, 2017.
> Goal 2: Recruitment, enrollment, and intervention delivery. We have recruited and enrolled our study sample, enrolling 28 participants. We are currently delivering the intervention to these participants. This goal is 70% complete.
> Goal 3: Data collection, which includes collecting questionnaire data from participants at 4 time points (baseline, 4 weeks, 8 weeks, and 16 weeks) and qualitative interviews with each participant. We have begun these data collection efforts and are 30% complete.
> Goal 4: Analysis and dissemination. We have not yet begun this goal, it is 0% complete.

What was accomplished under these goals?
For this reporting period describe: 1) major activities; 2) specific objectives; 3) significant results or key outcomes, including major findings, developments, or conclusions (both positive and negative); and/or 4) other achievements. Include a discussion of stated goals not met. Description shall include pertinent data and graphs in sufficient detail to explain any significant results achieved. A succinct description of the methodology used shall be provided. As the project progresses to completion, the emphasis in reporting in this section should shift from reporting activities to reporting accomplishments.

We have received the necessary approvals to begin work on the project (goal 1). We have enrolled our sample of 28 participants and are currently delivering the intervention (goal 2). We are also in the process of collecting data from participants (goal 3).

What opportunities for training and professional development has the project provided?
If the project was not intended to provide training and professional development opportunities or there is nothing significant to report during this reporting period, state "Nothing to Report."

Describe opportunities for training and professional development provided to anyone who worked on the project or anyone who was involved in the activities supported by the project. "Training" activities are those in which individuals with advanced professional skills and experience assist others in attaining greater proficiency. Training activities may include, for example, courses or one-on-one work with a mentor. "Professional development" activities result in increased knowledge or skill in one's area of expertise and may include workshops, conferences, seminars, study groups, and individual study. Include participation in conferences, workshops, and seminars not listed under major activities.

Nothing to report.

How were the results disseminated to communities of interest?
If there is nothing significant to report during this reporting period, state "Nothing to Report."

Describe how the results were disseminated to communities of interest. Include any outreach activities that were undertaken to reach members of communities who are not usually aware of these project activities, for the purpose of enhancing public understanding and increasing interest in learning and careers in science, technology, and the humanities.

Nothing to report.

What do you plan to do during the next reporting period to accomplish the goals?
If this is the final report, state "Nothing to Report."

Describe briefly what you plan to do during the next reporting period to accomplish the goals and objectives.

During the next reporting period, we will continue to deliver the intervention to participants (goal 2) and collect survey data at the appropriate timepoints (goal 3). We will also begin to conduct the semi-structured qualitative interviews with participants as they finish the intervention period (goal 3) to assess their experiences with the intervention. We will also complete data analysis (goal 4) during the next reporting period.

4. **IMPACT:** Describe distinctive contributions, major accomplishments, innovations, successes, or any change in practice or behavior that has come about as a result of the project relative to:

What was the impact on the development of the principal discipline(s) of the project?
If there is nothing significant to report during this reporting period, state "Nothing to Report."

Describe how findings, results, techniques that were developed or extended, or other products from the project made an impact or are likely to make an impact on the base of knowledge, theory, and research in the principal disciplinary field(s) of the project. Summarize using language that an intelligent lay audience can understand (Scientific American style).

Nothing to report.

What was the impact on other disciplines?
If there is nothing significant to report during this reporting period, state "Nothing to Report."

Describe how the findings, results, or techniques that were developed or improved, or other products from the project made an impact or are likely to make an impact on other disciplines.

Nothing to report.

What was the impact on technology transfer?
If there is nothing significant to report during this reporting period, state "Nothing to Report."

Describe ways in which the project made an impact, or is likely to make an impact, on commercial technology or public use, including:
- *transfer of results to entities in government or industry;*
- *instances where the research has led to the initiation of a start-up company; or*
- *adoption of new practices.*

Nothing to report.

What was the impact on society beyond science and technology?
If there is nothing significant to report during this reporting period, state "Nothing to Report."

Describe how results from the project made an impact, or are likely to make an impact, beyond the bounds of science, engineering, and the academic world on areas such as:
- *improving public knowledge, attitudes, skills, and abilities;*
- *changing behavior, practices, decision making, policies (including regulatory policies), or social actions; or*
- *improving social, economic, civic, or environmental conditions.*

Nothing to report.

5. **CHANGES/PROBLEMS:** The PD/PI is reminded that the recipient organization is required to obtain prior written approval from the awarding agency grants official whenever there are significant changes in the project or its direction. If not previously reported in writing, provide the following additional information or state, "Nothing to Report," if applicable:

Changes in approach and reasons for change
Describe any changes in approach during the reporting period and reasons for these changes. Remember that significant changes in objectives and scope require prior approval of the agency.

Nothing to report.

Actual or anticipated problems or delays and actions or plans to resolve them
Describe problems or delays encountered during the reporting period and actions or plans to resolve them.

We encountered delays in obtaining IRB approval, and subsequent HRPO approval due to staff turnover at our local IRB. This has already been resolved.

Changes that had a significant impact on expenditures
Describe changes during the reporting period that may have had a significant impact on expenditures, for example, delays in hiring staff or favorable developments that enable meeting objectives at less cost than anticipated.

Due to delays with the IRB and HRPO approval processes, the project started later than anticipated, which accordingly shifted the start of staff effort and related expenditures.

Significant changes in use or care of human subjects, vertebrate animals, biohazards, and/or select agents
Describe significant deviations, unexpected outcomes, or changes in approved protocols for the use or care of human subjects, vertebrate animals, biohazards, and/or select agents during the reporting period. If required, were these changes approved by the applicable institution committee (or equivalent) and reported to the agency? Also specify the applicable Institutional Review Board/Institutional Animal Care and Use Committee approval dates.

Significant changes in use or care of human subjects

Nothing to report.

Significant changes in use or care of vertebrate animals

Not applicable.

Significant changes in use of biohazards and/or select agents

Not applicable.

6. **PRODUCTS:** List any products resulting from the project during the reporting period. If there is nothing to report under a particular item, state "Nothing to Report."

- **Publications, conference papers, and presentations**
  Report only the major publication(s) resulting from the work under this award.

  Journal publications. *List peer-reviewed articles or papers appearing in scientific, technical, or professional journals. Identify for each publication: Author(s); title; journal; volume: year; page numbers; status of publication (published; accepted, awaiting publication; submitted, under review; other); acknowledgement of federal support (yes/no).*

  Nothing to report.

Books or other non-periodical, one-time publications. *Report any book, monograph, dissertation, abstract, or the like published as or in a separate publication, rather than a periodical or series. Include any significant publication in the proceedings of a one-time conference or in the report of a one-time study, commission, or the like. Identify for each one-time publication: author(s); title; editor; title of collection, if applicable; bibliographic information; year; type of publication (e.g., book, thesis or dissertation); status of publication (published; accepted, awaiting publication; submitted, under review; other); acknowledgement of federal support (yes/no).*

Nothing to report.

Other publications, conference papers and presentations. *Identify any other publications, conference papers and/or presentations not reported above. Specify the status of the publication as noted above. List presentations made during the last year (international, national, local societies, military meetings, etc.). Use an asterisk (*) if presentation produced a manuscript.*

Nothing to report.

- **Website(s) or other Internet site(s)**
  List the URL for any Internet site(s) that disseminates the results of the research activities. A short description of each site should be provided. It is not necessary to include the publications already specified above in this section.

Nothing to report.

- **Technologies or techniques**
  Identify technologies or techniques that resulted from the research activities. Describe the technologies or techniques were shared.

  Nothing to report.

- **Inventions, patent applications, and/or licenses**
  Identify inventions, patent applications with date, and/or licenses that have resulted from the research. Submission of this information as part of an interim research performance progress report is not a substitute for any other invention reporting required under the terms and conditions of an award.

  Nothing to report.

- **Other Products**
  Identify any other reportable outcomes that were developed under this project. Reportable outcomes are defined as a research result that is or relates to a product, scientific advance, or research tool that makes a meaningful contribution toward the understanding, prevention, diagnosis, prognosis, treatment and /or rehabilitation of a disease, injury or condition, or to improve the quality of life. Examples include:
  - *data or databases;*
  - *physical collections;*
  - *audio or video products;*
  - *software;*
  - *models;*
  - *educational aids or curricula;*
  - *instruments or equipment;*
  - *research material (e.g., Germplasm; cell lines, DNA probes, animal models);*
  - *clinical interventions;*
  - *new business creation; and*
  - *other.*

Nothing to report.

7. PARTICIPANTS & OTHER COLLABORATING ORGANIZATIONS

What individuals have worked on the project?
Provide the following information for: (1) PDs/PIs; and (2) each person who has worked at least one person month per year on the project during the reporting period, regardless of the source of compensation (a person month equals approximately 160 hours of effort). If information is unchanged from a previous submission, provide the name only and indicate "no change".

Example:

Name:	*Mary Smith*
Project Role:	*Graduate Student*
Researcher Identifier (e.g. ORCID ID):	*1234567*
Nearest person month worked:	*5*
Contribution to Project:	*Ms. Smith has performed work in the area of combined error-control and constrained coding.*
Funding Support:	*The Ford Foundation (Complete only if the funding support is provided from other than this award.)*

Name:	Lauren Denneson
Project Role:	PI
Researcher Identifier (ORCID ID):	0000-0003-3972-6098
Nearest person month worked:	3
Contribution to Project:	Dr. Denneson has been leading the project, overseeing staff and project activities.
Name:	Amira Trevino
Project Role:	Research Assistant
Researcher Identifier (ORCID ID):	None
Nearest person month worked:	8
Contribution to Project:	Ms. Trevino has recruited and enrolled participants, obtaining informed consent, and tracks participant progress throughout the study. She also completes quantitative data collection

All other staff have worked less than one person month during this reporting period.

Has there been a change in the active other support of the PD/PI(s) or senior/key personnel since the last reporting period?
If there is nothing significant to report during this reporting period, state "Nothing to Report."

If the active support has changed for the PD/PI(s) or senior/key personnel, then describe what the change has been. Changes may occur, for example, if a previously active grant has closed and/or if a previously pending grant is now active. Annotate this information so it is clear what has changed from the previous submission. Submission of other support information is not necessary for pending changes or for changes in the level of effort for active support reported previously. The awarding agency may require prior written approval if a change in active other support significantly impacts the effort on the project that is the subject of the project report.

Nothing to report.

What other organizations were involved as partners?
If there is nothing significant to report during this reporting period, state "Nothing to Report."

Describe partner organizations – academic institutions, other nonprofits, industrial or commercial firms, state or local governments, schools or school systems, or other organizations (foreign or domestic) – that were involved with the project. Partner organizations may have provided financial or in-kind support, supplied facilities or equipment, collaborated in the research, exchanged personnel, or otherwise contributed.

Provide the following information for each partnership:
Organization Name:
Location of Organization: (if foreign location list country)
Partner's contribution to the project (identify one or more)
- *Financial support;*
- *In-kind support (e.g., partner makes software, computers, equipment, etc., available to project staff);*
- *Facilities (e.g., project staff use the partner's facilities for project activities);*
- *Collaboration (e.g., partner's staff work with project staff on the project);*
- *Personnel exchanges (e.g., project staff and/or partner's staff use each other's facilities, work at each other's site); and*
- *Other.*

Nothing to report.

8. **SPECIAL REPORTING REQUIREMENTS**

COLLABORATIVE AWARDS: For collaborative awards, independent reports are required from BOTH the Initiating Principal Investigator (PI) and the Collaborating/Partnering PI. A duplicative report is acceptable; however, tasks shall be clearly marked with the responsible PI and research site. A report shall be submitted to **https://ers.amedd.army.mil** for each unique award.

QUAD CHARTS: If applicable, the Quad Chart (available on https://www.usamraa.army.mil) should be updated and submitted with attachments.

9. **APPENDICES:** Attach all appendices that contain information that supplements, clarifies or supports the text. Examples include original copies of journal articles, reprints of manuscripts and abstracts, a curriculum vitae, patent applications, study questionnaires, and surveys, etc.

Health Coaching to Optimize Well-Being among Returning Veterans with Suicide Risk

Log #BA150166
W81XWH-16-1-0630

PI: Lauren Denneson, PhD   **Org:** Oregon Health & Science University   **Award Amount:** $162,778
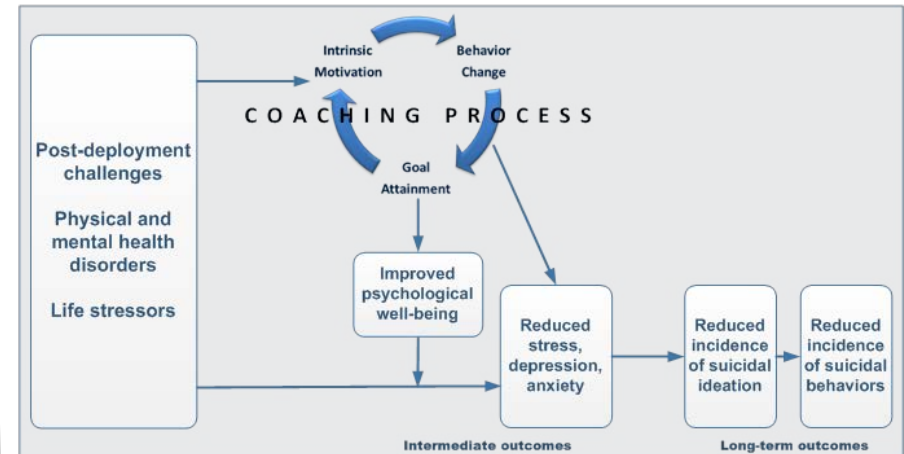
Study/Product Aim(s)

The primary goal of this study is to determine the feasibility and acceptability of a health coaching intervention among returning Veterans at risk for suicidal ideation and behaviors. Technical objectives:

1. Will returning veterans with suicide risk factors want to engage and remain engaged with a health coach?
2. Will returning veterans with suicide risk factors find health coaching acceptable?
3. Can health coaching be delivered successfully (i.e., with high fidelity to the coaching program) to returning veterans with suicide risk factors?
4. What modifications would optimize the health coaching program for this population?

Approach

We are conducting a repeated-measure, single arm pilot study using VA's Whole Health Coaching program as the intervention. We will also complete qualitative interviews with participants to gather feedback on their experiences and perceived benefit.

Accomplishment: We received IRB, HRPO, and data access approvals and completed recruitment and enrollment. We enrolled 28 participants. Intervention delivery and data collection are in progress.

Timeline and Cost

Activities	FY	17	18		
IRB, HRPO, and data approvals					
Recruitment/enrollment					
Intervention delivery					
Data collection and analysis					
Estimated Budget ($K)		**$76**	**$86**		

Updated: 9/14/2017

Goals/Milestones

Year 1 Goals – Participant enrollment
☑ Receive local IRB/IACUC approval
☑ Receive HRPO/ACURO approval
☑ Receive data access approval
☑ Enroll 30 veterans (2 veterans a week/8 veterans a month)

Year 2 Goals – Intervention delivery and data analysis
☐ Intervention delivered to all participants
☐ Quantitative data collected
☐ Qualitative interviews conducted
☐ Data analysis
☐ Modify intervention
☐ Report on study findings (report, manuscript, presentation)

Comments/Challenges/Issues/Concerns
• None this reporting period

Budget Expenditure to Date
Projected Expenditure: $135,000 (est – original, 12m study timeline)
Actual Expenditure: $76,122